



the new wham mag

issue 332 // 15 – 28 January 2016 // Every fortnight



**Witness
to Nazi
persecution**

Survivor won't stand by (p12)

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Mayor of
Newham

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15 January 2016 // **issue 332**



Welcome to the first edition of the Newham Mag for 2016. You can find out how you can take up the offer of one of the 1,000 free places I've secured for Newham residents in the Great Newham London Run (p9).

Read about my commitment to residents and employers as we seek to get as many people as possible jobs in the thriving construction industry (p10). On a more sombre note discover the true life testimony of 90-year-old Harry Bibring who will be speaking at our Holocaust Memorial Day commemoration on 27 January (p12).

If you are sticking to your resolutions to stop smoking and get fit this year, there is something for you. See what help is available to be smoke free (p19) and what activity opportunities are on offer around the borough (p14).

Our recently elected Young Mayor Alex Jarrett explains how she plans to fulfil her manifesto promises this year (p16). We also have some tips on personal safety (p21).

Sir Robin Wales
Mayor of Newham

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STAFF PHOTOGRAPHER: Andrew Baker

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IN BRIEF //

New bid against betting terminals

Newham Council has resubmitted its bid to cut the maximum bet on some high street gambling machines from £100 to £2.

An initial plea to ministers to reduce the highest stake on Fixed-Odds Betting Terminals (FOBTs) was rejected last July. It has now been resubmitted with support of the Local Government Association and 93 councils.

Newham argues that lax planning rules has led to the clustering of betting shops which, combined with the high stakes on the machines, are damaging already vulnerable local economies and often results in anti-social behaviour.

Champions move looming

Newham's Cabinet members have set stringent conditions that must be met before the Champions sculpture near West Ham United's Boleyn Ground can be moved to Queen Elizabeth Olympic Park.

The relocation of the 16-foot bronze celebrating England's 1966 World Cup win has been approved, but only once a plan is in place to improve the junction in Barking Road where it stands and which has seen 40 accidents in five years.

The conditions also include some new public art linking the area to the Hammers, and that road improvements and costs of relocating the sculpture are funded by partners.

Social care surgeries

Newham Council's adult social care service managers have a surgery on Tuesday 19 January for customers and carers wanting to ask questions, share views and resolve issues related to their care.

All adult social care customers are welcome, but before booking a slot, try to resolve individual issues with allocated social workers.

Surgeries take place on the third Tuesday of the month from 4-6pm at the Resources Centre, 200 Chargeable Lane, E13 8DW. To book a slot call 020 8430 2000 (press option 2) or visit www.newham.gov.uk/contactadultsocialcare



Health for school is on tap

Pupils at Ranelagh Primary School in Stratford won £500 for their school for their efforts in the East London Beat the Street project.

As part of the Newham Council-supported scheme set up by Diabetes UK, the British Heart Foundation and Tesco, pupils turned their walk and cycle journeys to and from school into a game by tapping electronic against lamp-post sensors around the borough.

The aim was to get young people thinking about fitness and health. Ranelagh School were keen to get involved because it would improve the well-being of pupils but also reduce the number of car journeys, lower pollution levels and save money.

Head of School Shella Lawrenson said: "Beat the Street has increased the number of children walking to and from school and also those walking for pleasure at the weekend."



Ranelagh pupils tap their cards

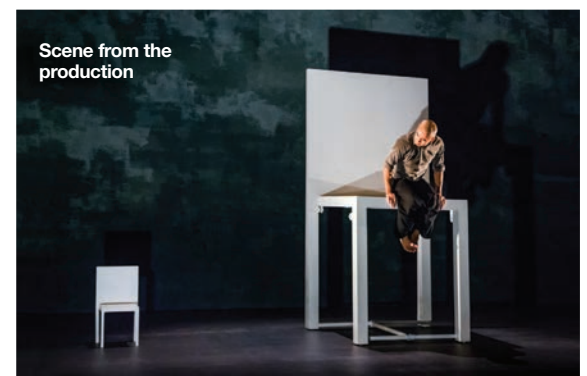
Pupils off to the theatre

More than 4,500 children from 67 primary schools are this month enjoying a dance performance created by Olivier-award-winning choreographer Akram Khan, thanks to Newham Council's Every Child a Theatre Goer initiative.

Every Newham pupil in Year Six will visit Stratford Circus Arts Centre to see Chotto Dosh, which means small homeland. The production draws on creator Khan's Bangladeshi heritage and experiences of growing up in the UK.

It is the third year that Stratford Circus has partnered with the council on a show that supports pupils' learning experiences and introduces them to live theatre. Habsa Zaffarullah, a teacher at Vicarage Primary School, East Ham, said: "Not all children get the chance to see theatrical performances."

Stratford Circus Director Tania Wilmer said "Every Child a Theatre Goer offers children the opportunity to access a world class artistic experience." Mayor Sir Robin Wales added: "The scheme is making a real difference to pupils attainment."



Scene from the production

Farewell to popular teacher

The Chair of Newham Council, Councillor Joy Laguda, helped pupils say goodbye to teacher Claire Kirby who has retired from Earlham Primary School in Forest Gate after 40 years.

At a farewell assembly Councillor Laguda helped children and head teacher Laura Hower present Claire with flowers and a book of memories from her years at the school, which began in 1975. The school choir also wrote and performed a special song.

During her career, Claire has taught more than 1,200 pupils. She said: "It's been a very happy time. I've enjoyed working with all the children. I've only ever wanted to do my best for them."

Head teacher Laura said: "Claire has been an excellent teacher and we will all miss her." Councillor Laguda added: "We thank her for all her years of dedicated service."



Pupils with Claire, Laura and Cllr Laguda

Young enjoy a magical story

Hundreds of youngsters were thrilled by the imaginary tale of The Snow Queen, the story that inspired the Disney movie Frozen, when it toured libraries thanks to Newham Council's Community Neighbourhood teams.

The classic Hans Christian Andersen story was performed by the Open Book Theatre Company and First Draft Theatre at East Ham, Plaistow, Manor Park, Beckton, Green Street, The Gate, and Stratford libraries.

The production featured popular songs and opportunities for young people to join and be part of the story.

Councillor Ken Clark, Cabinet member for building communities, public affairs, planning and regeneration, said: "It was a production that everyone enjoyed and showed again the versatility of our libraries as places at the heart of community neighbourhoods where people can do things together."

For details of what's happening in your nearest library download the Newham app by visiting www.newham.gov.uk/communityevents



Cllr Ann Easter with cast and audience

More homes on the way

A housing association set-up in partnership with Newham Council is to provide another 800 homes for homeless families.

Mayor Sir Robin Wales and Newham's Cabinet members gave the green light for registered social landlord Local Space to purchase and develop the additional properties over the next four years.

The council will have exclusive nomination rights for the predominantly two and three bedroomed homes, which will

be available at rents prospective tenants can afford.

Local Space was created in 2006 to increase the supply of accommodation for homeless families by using private finance to buy homes on the open market, refurbish them and lease them back to the council. It now owns 1,800 homes across East London.

Mayor Sir Robin Wales said: "I am proud we have been able to help thousands of families already and by expanding the scheme we can help even more."

Constructing best chance for jobs

The construction industry is going to be at the heart of the Newham economy for many years to come. That's why I want as many residents as possible employed in a thriving industry with developers who want committed and well-trained employees.

A successful construction industry will transform the borough, but individual residents have to benefit from the employment opportunities within it. The Careers in Construction Commitment I launched last month will work towards that.

“My Careers in Construction Commitment offers bespoke training, designed in partnership with employers, to prepare residents for jobs in construction.”

Businesses like coming here for our location and our infrastructure but also because we have a growing pool of young, aspirational workers. Our employment service Workplace was set up to help companies take advantage of our workforce and to maximise opportunities for local people. Since 2007 it has filled 28,000 jobs with Newham residents and of these, 3,500 have been in



Launching the Careers in Construction Commitment

construction. I want to see that rise.

We operate a simple formula. We find out what skills employers want and then we identify the candidates to match. In some cases that will be about screening CVs, conducting pre-interviews or supporting residents into the right training. But we don't cut corners.

We will never send employers candidates who we don't think are right for the job. Not only would that jeopardise our relationship with them, but if residents don't have the right skills or aren't passionate about the job, it won't lead to the kind of stable, lasting employment they need.

My Careers in Construction Commitment offers bespoke training, designed in partnership with employers,

to prepare residents for jobs in construction. It's the employers who know their business best, so they should be the ones to design the training to match their needs.

I also want dedicated account managers embedded on employers' sites. That enables us to get a better understanding of what employers want and to quickly find people to fill the vacancies. Just as importantly, those managers will work intensively with candidates – preparing them for interviews and enabling them to hit the ground running on their first day.

I will make sure developers get the candidates they need, and residents get the chance to participate in a thriving industry.



Mayor's view

Let's all get in the zone

The new year has started with some great news with the rezoning of seven Newham train stations.

Stratford, Stratford International, Stratford High Street, West Ham, Star Lane, Abbey Road and Canning Town are now all classed as Zone 2/3. This means if you travel from these stations into central London, your travel costs are cheaper.

The significance of this is however much wider than the financial saving. I have long campaigned for Stratford to be reclassified and it is great this has finally been implemented. Stratford is now one of the busiest stations in London. By 2018 there will be ten different train and rail lines running into the station, equating to 195 trains per hour.

"I'm pleased that with Transport for London have at last opened their eyes and recognised the Capital is moving eastwards."

As well as financial benefits for our residents, these changes also offer an economic boost to the whole of London, creating more jobs and attracting additional investment and visitors to the east.

Residents and workers in East London deserve fairness, and the decision to rezone these stations goes some way to redressing the balance that has seen this

part of the Capital miss out.

However, it is not just Stratford that has undergone a tremendous transformation. We must now lobby to move stations in the Royal Docks into Zone 2. This will support the growing Enterprise Zone and the regeneration developments in the area such as the Chinese ABP development at Royal Albert Dock and Silvertown Quays.

As the borough continues to change

as a result of the ongoing investment, the transport infrastructure will need to be adapted to reflect this and support both the residents who already live here and those moving into the borough.

I'm pleased that with Transport for London have at last opened their eyes and recognised the Capital is moving eastwards. Rest assured, I will continue to fight for further changes which will benefit us all.



with Sir Robin Wales

The activeNewham team will help you to get more active in 2016

Work out in our gyms, improve your swimming in our pools, try a new exercise class and play your favourite sport.

We have everything you need to get fit and stay in shape.

To find out more call **0300 124 0123[†]**, drop into your local leisure centre or visit **www.activeNewham.org.uk**



Balaam Leisure Centre,
14 Balaam Street, Plaistow E13 8AQ

East Ham Leisure Centre,
384 Barking Rd, East Ham E6 2RT

Newham Leisure Centre,
281 Prince Regent Lane, Plaistow E13 8SD

Manor Park Fitness Centre,
464 High Street North, Manor Park E12 6QN

*Terms and conditions apply. Prices vary from centre to centre.

†This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

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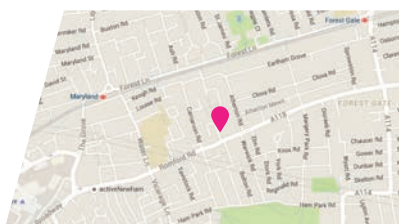
Atherton Leisure Centre

The new Atherton Leisure Centre is opening in spring 2016 and will offer state-of-the-art facilities for the whole family. Whatever your age or level of fitness we will support you to improve your health and wellbeing.

Register to become a Founder Member - £28 per month

Benefit from becoming a Founder Member at Atherton Leisure Centre and you can join at the special price of only **£28 per month**. This great offer is available until 29th February 2016, so make sure you don't miss out by **registering your interest today**.

Register by going to **www.activeNewham.org.uk**



For more information about this great new leisure centre at the heart of the local community please call **0300 124 0123[†]**.

Atherton Leisure Centre,
189 Romford Road,
London, E15 4JF

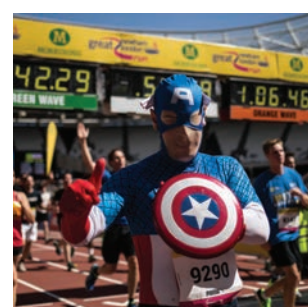
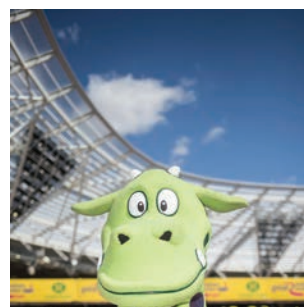
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Register to
become a Founder
Member at **only**
£28 per month



Make a run for the Stadium

Many of us will have resolved to get fitter, embark on a new challenge or take up a new hobby in 2016. If you did, don't miss an amazing opportunity for a FREE place in the Great Newham London Run on Sunday 17 July.



Mayor Sir Robin Wales has secured 1,000 free places for Newham residents when the 10km Run returns to the former Olympic Stadium and Queen Elizabeth Olympic Park. There are also 500 free places in an accompanying 2.3km Family Run.

This is the only chance for residents to cross the Stadium finishing line in 2016, just weeks before West Ham United move in. Last year 10,000 people ran the 10km race and 3,500 did the family event. Again this year runners can take family and friends to cheer them as they enter the Stadium and finish the race.

The 10km route starts beneath the ArcelorMittal Orbit and takes in the Lee Valley Velopark and London

Aquatics Centre before runners enter the Stadium for a lap on the track.

Mayor Sir Robin Wales said "This is now one of the 'must do' events in the running world. Even if you just want to get active or beat your personal best, it is an unforgettable experience. We're pleased to be able to offer 1,000 Newham residents the chance to run for free."

Brendan Foster, chairman of organisers the Great Run Company, said: "We are delighted to be returning to the former Olympic Stadium where people can have their own golden moment by running in the footsteps of Mo Farah, Jess Ennis-Hill and Usain Bolt. Just a few weeks before the Rio 2016 Games, Newham residents will have the chance to feel like an Olympian."

10k Run

Start: 9.30am. Entries: 15,000 (including 1,000 free places for Newham residents). Each finisher gets a bag with a t-shirt and medal. Price £32.

2.3km Family Run

Start: 12noon. Entries: 5,000 (including 500 free places for Newham residents). Finishes in the Stadium. Price £8.

How to enter

You must be 15 or over to take part in the 10km run. You must be five or over to take part in the family event. Free places are for Newham residents only. Entries are non-transferrable.

To apply for a free place visit
www.greatrun.org/newham-residents

Constructing a career path

Anyone who thought that construction would die off in Newham after the 2012 Games has been proved wrong. Multi-million pound redevelopments are happening at Silvertown Quays, Queen Elizabeth Olympic Park, Canning Town and the Royal Docks. The construction industry is truly at the heart of the borough's social and economic transformation.



Mayor Sir Robin Wales has told some of the borough's biggest developers that Newham has a ready supply of residents who can fill any construction vacancies they may have.

Launching his Careers in Construction Commitment at the Carpenters Building Crafts College in Stratford he said: "The construction industry is vital in continuing the transformation of our borough. We want as many of our residents as possible to be sustainably employed in a thriving industry and we know businesses want committed and well-trained employees. My commitment is how we're going to deliver those shared goals.

"Over the next five to ten years, the construction industry is going to be at the heart of Newham's economic and social transformation. Not just expanding the local economy and attracting new businesses, but also addressing social issues like the housing crisis. With this offer, developers will get the candidates

they need and Newham residents will get the chance to participate in a thriving industry."

Sir Robin promised developers that by using Newham Council's employment service Workplace, they would have access to a large pool of suitable candidates for their jobs.

"With this offer, developers will get the candidates they need and Newham residents will get the chance to participate in a thriving industry"

By forming close partnerships with developers such as Bouygues UK, Balfour Beatty and Lendlease on large scale projects like Silvertown Quays, Canning Town's Hallsville Quarter and The International Quarter in Stratford, Workplace has already filled more than 3,500 roles in construction with local people, many of them long-term unemployed. Roles have ranged from

scaffolders to plant operatives and site managers. All operatives are Construction Skills Certification Scheme accredited and many have specialist qualifications in areas such as Plant Operation, Scaffolding and Site Management.

As well as helping to fill job vacancies, the Mayor also promised as part of the commitment, to have dedicated Workplace account managers embedded on the larger construction sites. This will ensure the council can be reactive to the needs of the business and help to fill vacancies quickly.

Since launching in 2007, Workplace has filled more than 28,000 jobs with Newham residents. The scheme is unique as it works with businesses to find out what skills employers want and then finds candidates to match. In some cases, this will mean screening CVs or conducting pre-interviews. It may also mean supporting residents into the right training.



Sir Robin and construction industry bosses

What employers are saying:



Elise John-Lewis, corporate responsibility manager for Bouygues UK: “We have several projects in the borough and through this have developed a good relationship with Workplace. We make sure we’re clear on what we need; they find candidates that fit the profile and are ready to hit the ground running. They make the process easier for us and are reliable, helping us to match the training and employment opportunities we have to people living, studying and working in Newham.”



Alistair Hill, project director for Prater, said: “We have employed 25 candidates through Workplace in a range of roles, which shows just how successful the partnership has been. We have secured really great people, with some of the most successful candidates not necessarily having lots of academic qualifications, but showing instead a real keenness and enthusiasm to work and to take on and learn new skills. This is why projects like this are important.”



Mick Slaughter, project manager at Barratt Homes, said: “There is a shortage of good construction workers in the industry so this is a great initiative. With this partnership, we can get the skills we need. It is not just about qualifications and degrees, it is about practical skills. There are real opportunities here for local people and a close partnership such as this can also help the industry to grow because Workplace understands what we need. It is really important that we do this.”

For more information about registering with Workplace, visit www.newham.gov.uk/workplace or call 020 3373 1101.



Living witness to persecution

Harry Bibring, 90, is a powerful reminder of the horrors so many experienced during the Holocaust. He is a living witness to Nazi persecution, keen to ensure we honour those who died and learn the lessons of where prejudice and racism can lead.

He will share his story on Wednesday 27 January at the Old Town Hall, Stratford, as part of Newham Council's Holocaust Memorial Day commemoration supported by the Holocaust Educational Trust.

Harry said: "My story begins as a 12-year-old Jewish boy in Vienna at the time of the Anschluss, Hitler's annexation of Austria in March 1938. At that stage I was ignorant of anything other than my

own comfortable life. Between March and November that year things began happening which I couldn't understand, particularly when Jews were prevented from doing certain things."

He was expelled from his school and his family were unable to have a summer holiday. There was little money coming in after his father Michael was made to put a sign outside his clothing shop saying it

was owned by a Jewish proprietor. Said Harry: "My favourite past-time was ice skating, but the rink was closed to Jews. I couldn't understand what ice skating had to do with being Jewish."

He recalls the attacks on Jewish businesses and synagogues on the night of 9 and 10 November 1938 known as Kristallnacht (Night of the Broken Glass). The glass in the streets gave the night its



Harry Bibring

> WORKING LIVES

Our parents promised they would see us in a couple of months. I don't know if I cried. I probably did. I can only remember the noise of screaming children being forced to go. It was the last time we saw our parents. My father said he wanted to protect us from evil."

Harry found out in a letter from his mother Leah Esther that his father had died, but not how. On a visit to Vienna in 1951 he finally discovered the truth.

He said: "My wife and I visited the district to see the rooms our parents were in. The porter at the block told me how in November 1940 my father was dragged out and put in a van. He had a heart attack and his body was brought back for my mother to bury. In that respect he was the lucky one of the two."

After the war Harry searched for many years for information about his mother. He said: "We finally received a letter from Vienna saying she had been deported to Izbica in Poland on 29 June 1942. It was a holding ghetto for the extermination camp at nearby Sobibor. There were no further traces."

Harry is one of a dwindling number of survivors who visit schools to tell their stories. He said: "People ask why I do it and I say I don't like daytime television. The real reason is that there is still prejudice to challenge.

"Modern society has learned nothing from the Holocaust. People are still discriminated against because they live a different life or are a different colour. Look at Rwanda and Cambodia and now Syria where different sections of the same religion are killing themselves. There's only race on this earth and that's the human race. We have to get on with each other.

"This year's Holocaust Memorial Day theme is Don't Stand By. To do so is bad. That's why I want to tell young people my story."

name. It was the Hitler's regime's first step towards the Holocaust in which six million Jews and millions of others died. Said Harry: "From then on I was a different boy."

On 10 November his father was arrested. Harry said: "He was taken away and the rest of us were on house arrest. He returned ten days later and his hair was shorn and his clothes filthy. He had been in a jail cell with 12 other men."

His father believed he could buy visas from the Chinese consulate for the family to travel to Shanghai, but it fell through. His parents decided that Harry and his sister Gerta, 15, (Harry always called her Gertie) should leave on the Kindertransport, the British scheme to rescue predominantly Jewish children from Nazi occupied territories.

Harry said: "I remember being at the station with 600 children saying goodbye.

HOLOCAUST MEMORIAL DAY
Wednesday 27 January,
9.30am-12.30pm, Old Town Hall,
Broadway, Stratford, E15.

Harry will share his story and there will be an opportunity to ask questions. The event includes performances and readings from Newham schoolchildren. Visit www.newham.gov.uk/HMD

Resolve to stay active

We are two weeks into the new year and some of us may still be carrying a little extra insulation after an enjoyable festive season. That's why it's a great time to set ourselves some new goals to get healthy and be more active.

New Year's resolutions are fun to make but often difficult to maintain. The good news is that Newham Council's leisure provider activeNewham is here to help us put our good intentions into practice by finding the right activity, whatever our age or ability.

Being active leads to a healthier life and throughout the year activeNewham are offering an exciting programme of activities that brings together the best that is on offer from our leisure centres, sports facilities, parks and community neighbourhood events.

To get started, why not pop along to one of the four leisure centres in Newham and talk to the staff about getting fitter. They are there to help, offer advice and show you how to make exercise fun.

Newham's leisure centres have a range of affordable memberships starting from as little as £15.95 per month. Each centre has great facilities for the whole family, with state-of-the-art fitness equipment and daily exercise classes from aerobics to zumba.

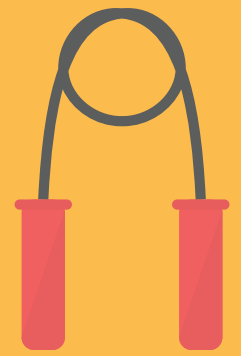
Three of the centres have swimming pools with free sessions for Newham residents over 60 and under 16 as well as fantastic fun swimming sessions for all ages. For any Newham resident this is the best place to learn to swim and get confident in the water.

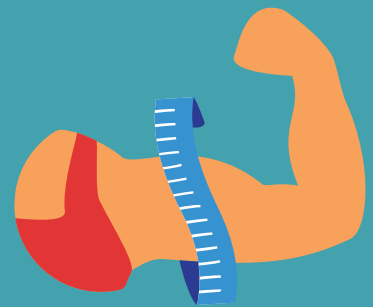
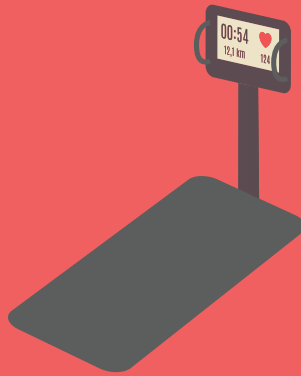
Here's some of the things you may want to try:

➤ In the Spring activeNewham in partnership with Newham Council will be opening the new Atherton Leisure Centre in Romford Road, Stratford. The superb new centre will feature top-of-the-range facilities and services specially tailored to meet the needs of the community. For more information about becoming a member of the new centre at a special discounted rate of £28

per month, call **0300 124 0123** or visit **www.activenewham.org.uk**

- Major improvements have been made to Plashet Park in East Ham, making this a great place for all the family to get out into the fresh air and enjoy the new play areas, ornamental gardens and café
- Over the next three months activeNewham are visiting your neighbourhood in a community bus, telling you all about getting more active where you live as well as offering free health advice and health MOTs. Come along and discover the best ways to get fit. To find out where the bus will be each day call **0300 124 0123** or visit **www.activenewham.org.uk/followthebus**
- Taking part in any type of sport is great for your health, is fun and helps you make new friends. activeNewham offers a wide range of sports to suit every interest and level of ability. There are regular coaching sessions for beginners in cricket, football and tennis and programmes for female residents and for people with disabilities. Nowhere in London provides such a variety of activities so check out the website and see what is available for you and your family. Visit **www.activenewham.org.uk/sport_in_newham**
- Newham has some of the best parks and outdoor spaces in London with opportunities to participate in activities throughout the year such as walking, gardening and playing
- You can also get more involved in your community by joining Newham's Volunteers. Giving up some of your time to help others can be very rewarding. Not only does it make a difference to your area and the people who live there, but it also allows you to meet new people and learn some valuable new skills.





For information about getting more active in 2016 visit www.activeNewham or call 0300 124 0123. For information about what's going on where you are, visit www.newham.gov.uk/communityevents and download the free community app.

Perfect stage for the Young Mayor

In October Newham's young people went to the polls and elected 15-year-old Alex Jarrett as the borough's ninth Young Mayor. With 1,724 votes, hers was the highest personal vote for a winning Young Mayor in Newham. She is looking forward to delivering her manifesto promises and fitting her duties around school work and her dream to be a successful actress.

"Becoming Young Mayor has been a spectacular experience," said the pupil from Lister Community School in Plaistow. "I enjoy speaking to young people and I like to have an opinion, so going out and campaigning wasn't hard for me but juggling it with my schoolwork was stressful because you have to cram as much as you can into a two-week period. People underestimate how hard it is."

Alex campaigned on a range of manifesto promises. She said: "I wanted them to be fun as well as serious. What I really want is a Summer Festival for young people, to be able to develop spaces for young people to go, and to raise awareness about mental health. Statistics show mental illness can start when you are very young, but you are never aware of it until you are older. Young people don't tend to talk about it much, but raising awareness of it means we are on the way to making a difference."

Alex also wants places for young people to go where they can feel welcome and at home. She said: "They have to be somewhere there is a nice atmosphere. Not every young person has a good home life. They should be safe havens where they can come and be free to talk to others who can

make them feel better about themselves. Young people don't necessarily open up to people who talk down to them. It is all about creating friendships and learning from each other is important too. They can also be places where people can revise and have access to the right resources that could lead to better exam results."

Alex wants her Summer Festival to be an unforgettable experience that shows young people in a good light. She said: "I want to break the typical stereotype people often have of young people and to showcase what we are capable of, how responsible we can be and how talented we are. It will also signpost young people to things they wouldn't normally try or have a go at. It's the trying that's the important thing."

The new Young Mayor performed her first civic duties at Remembrance Sunday and Armistice Day events. "It made me very proud to see young people dressed smartly in their school uniforms and in their cadet uniforms putting down poppies to honour fallen heroes," she said.

In the months ahead Alex will have to juggle Young Mayor duties with studies and exams. She said: "The Youth Council

is doing so much to support me and they are wonderful. My exams are important because this is my future so taking this on is going to be hard but I'm ready for it and perfectly capable. I have a good team behind me and they are wonderful.

Alex has applied to The BRIT School for Performing Arts and Technology in Croydon. "It's one of the best performing arts centres in the country," she said. "I've done a lot of acting and I want to be an actress because I really enjoy it. Watch this space because it's going to happen."

Alex is looking forward to the rest of her term as Young Mayor. She said: "It's really exciting because so much is coming. People are so happy for me and I feel so respected. I'm so happy at being Young Mayor and glad to be able to represent so many. So much has happened already, but by the end of my year loads will have happened."

For more information about the role of the Young Mayor and Youth Council visit the Young Mayor pages at www.newham.gov.uk or call 020 3373 8555 or email young.mayor@newham.gov.uk



Have your say

on new river crossings in east and southeast London

We'd like your feedback on proposed new river crossings at Gallions Reach and Belvedere. The crossings would:

- Make it easier to cross the Thames between east and southeast London
- Help reduce cross-river journey times
- Create opportunities for new cross-river public transport links and improvements to walking and cycling options
- Support London's growing economy by better connecting businesses, improving access to jobs and encouraging development

To find out more and have your say, go to tfl.gov.uk/east-london-crossings

The consultation ends 12 February 2016



MAYOR OF LONDON



Newham London

Fostering

Make a difference

With a weekly fee for yourself and all childcare costs covered, fostering may be the new career for you

0800 0130 393

www.newhamfostering.co.uk



School Governing Body Clerks

**Sessional rates
£138 to £178 per meeting
(rising to £148 to £190 following successful completion of National College Clerks' Development Programme)**

Newham Partnership Working (NPW) is a mutual organisation formed by Newham schools and composed of education providers and staff. We currently support over 100 schools, both inside and outside of Newham, with a comprehensive range of high quality and reliable services.

We provide a professional clerking service to our clients and we are looking for applicants who:

- are experienced minute takers
- have the ability to gain a good understanding of school governance regulations and meeting procedures
- have the confidence to provide advice at meetings
- can build a strong working relationship with the governing bodies they support
- are tactful and client focused

Governing body clerks are required to support a range of different daytime or evening meetings.

For more information please contact Irfan Mustafa on 020 8249 6932

Please apply on line at www.londonschooljobs.co.uk Ref: 1975

For enquiries please contact Irfan Mustafa, Principal Officer, 020 8249 6932 or irfan.mustafa@npw.so

Closing date 31st January 2015

NPW are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment. A disqualification declaration questionnaire maybe required for this post.

Everyone loves a quitter

According to research, seven out of ten smokers would like to be able to quit. If this sound like you then take advantage of the free support available that could help you quit for good.

Public Health England's stop smoking campaign for 2016 is reminding smokers about the physical damage caused by smoking, showing the harm caused by every single cigarette and making the invisible damage visible.

It focuses on Chronic Obstructive Pulmonary Disease (COPD), a collection of lung disorders such as emphysema, chronic bronchitis and chronic asthma, mainly caused by smoking. The likelihood of developing COPD increases the more you smoke and the longer you've been smoking, because the condition irritates and inflames the lungs, leading to scarring.

"If you smoke, stopping is the single most effective way to reduce your risk of getting the condition."

Severe COPD can usually be prevented by making changes to your lifestyle. If you smoke, stopping is the single most effective way to reduce your risk of getting the condition.

Newham's Stop Smoking advisers can support you if you want to quit. They have already helped thousands of residents to do so.

There are advisers in almost every pharmacy. Community drop-in services also offer practical and behavioural support as well as access to a range of licensed medications to increase your chances of quitting.

Top tips to help you quit

- > **Attend Newham's stop smoking service**
- > **Set a date to stop and stick to it**
- > **Use an NHS approved treatment or medication. Consider using an electronic cigarette. Your stop smoking adviser can help you decide which product to use**
- > **Get rid of all your cigarettes, ashtrays and lighters**
- > **Let people know you are stopping – you are going to need their support**
- > **Make plans for coping with stressful situations and times when you know you usually smoke**
- > **Do something else – distract yourself any way you can**
- > **Put aside the money you would have spent on cigarettes and treat yourself**
- > **Drink plenty of water or fruit juice.**
- > **Think positively; take it one day at a time**

For information talk to your GP or pharmacy, visit www.newham.gov.uk/stopsmoking or email stopsmokingteam@newham.gov.uk



POWER THROUGH 2016

at Lee Valley VeloPark's VeloStudio



Membership
from £30
per month

Our cycling studio will leave you motivated and wanting more!
From adrenalin pumping Ride to the Beat sessions to a leisurely
cycle during Movie Night specials, plus:

POWER FITNESS | POWER HALF HOUR | PAY AND RIDE
VIRTUALVELO | RACE READY | SUFFERFEST

Regular cycling can help you lose weight,
reduce stress and improve your fitness.

visitleevalley.org.uk/velostudio



ZUMBA
with Lyn

St Paul's Church
Burgess Road, East Ham, E6

Tuesdays 7.30pm

£5.00

First class in January or February £4.00

Call: 07931 344 926 to book a place



the newham mag

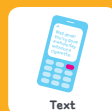
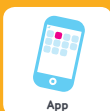
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on 07890 529 090 or email
julie.madell@newham.gov.uk

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stop smoking

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For FREE support in Newham
speak to your GP, local pharmacy or visit
www.newham.gov.uk/stopsmoking



NHS

SMOKEFREE

Ways of staying safe

Although daylight hours are increasing, the winter evenings are still long so it's important that we all take steps to stay safe when out on dark nights.

According to the Metropolitan Police, the places where you are most likely to be a victim of crime such as a mugging or pickpocketing, are transport hubs, cash machines, cafes, restaurants, pubs and clubs and educational institutions.

You can take some simple steps to try to keep yourself safe:

> Consider your travel arrangements in advance and ensure someone knows where you are going, who you are with and when you might be home. Pre-book a licensed cab to pick you up or use a minicab office only.

> Keep your bags close to you with zips closed. Keep your mobile phone and jewellery out of sight. Check your belongings and your pockets regularly.

> Wearing headphones or talking on the phone can make you unaware of your immediate surroundings and offers criminals an advantage.

> Avoid shortcuts and dark isolated areas and vary your routine.

> Walk facing the traffic so a car cannot pull up behind you unnoticed. If a car stops and you are threatened, scream and shout. Get away as quickly as you can and make a note of the number and description of the car if you are able.

> When using a cash machine be suspicious if you see someone hanging around. If in doubt use another machine ideally with a friend watching your back.

> Be assertive. Walk with confidence and be aware of your surroundings and who is around you.

Newham councillor Ellie Robinson, who was recently affected by an attempted crime, said: "Trust your instincts. If you feel uneasy about someone or a situation you are in, then leave and head to the nearest public place. Your personal safety is more important than your belongings. If someone grabs your bag, let it go. It's better to lose your valuables than get seriously hurt.

"Don't let fear stop you going out after dark. Stay alert and vigilant, and if something should happen, Newham's police officers have a lot of support to offer."

If you are a victim of crime, no matter how small, always report it to the police immediately either by calling 999 in an emergency or 101.



Docks stories on film

Contributions are sought for an online visual history archive dedicated to the colourful history of people who lived and worked in and around the Royal Docks.

The Forgotten Stories heritage project contains 28 video conversations from people telling honest, amusing and often shocking tales of a life of genuine hardship that until now have remained untold.

Newham councillor Patricia Holland is one of the contributors and talks about how dockers would gather on the Connaught Bridge in Custom House to beg for work.

Mike Luddy, managing director of the Royal Docks Management Authority, said: "The real story of the docks is about the people who made them come alive. This is phase one of the archive, which will continue to grow as more stories are remembered and recorded."

The films are available to view in the Forgotten Stories archive at www.londonsroyaldocks.co.uk



Cllr Holland, second left, and fellow contributors

Schoolboy is making tracks

Schoolboy Tyler Nurthen from Ranelagh Primary School, Stratford, was the voice of the Docklands Light Railway for a day after winning a London-wide competition to design a safety announcement.

The Year 6 youngster and 13 of his classmates entered the contest to record or write an interesting and informative message that would cheer passengers and improve their journey.

He visited the DLR's control centre in Beckton last Summer to record his winning message, which warned people not to leave luggage on the train.

"I've never won anything before," said Tyler, who has been made an ambassador for West Ham Station, the closest to his school, as part of the DLR's Community Adopt a Station scheme. He also attended a community presentation evening at the Radisson Blu Hotel near Canary Wharf in December.



Tyler at the DLR control centre

Awards are just the job

Cllrs Clark and Patel with recipients



Awards were presented to clients of the Deafroots Association to recognise their achievements in finding jobs or completing training in information technology, literacy, numeracy and food and safety.

Deafroots, a charity based at Stratford Advice Arcade, offers people who are deaf and hard of hearing, the opportunities to gain skills required for employment or voluntary work.

Certificates were presented by Newham councillors Ken Clark, Mas Patel and Richard Crawford at Stratford Library where the Association hosts a Deaf Club on Mondays from 1.30 to 3.30pm.

Awards were also given to local employers Travelodge and Swayam Properties for giving clients of Deafroots an opportunity of employment and work placements.

Angel Joseph, Deafroots employment project co-ordinator, said: "We congratulate everyone on their achievements."

For information call 0208 534 7111,

email info@deafroots.org.uk or visit www.deafroots.org.uk

CODE IS KEY TO SUCCESS

Pupils and parents from Kingsford Community School in Beckton joined millions of students from around the world in taking part in the global Hour of Code as part of Computer Science Education Week.

The event, organised by the Code.org coalition, was designed to demystify computer language and show that anybody can learn the basics. It aimed to encourage students to learn about computer science and to get coding.

Bayzid Ahmed, Kingsford's subject leader of computer science, said: "Hour of Code helped with their problem-solving skills, logic and creativity. Pupils showed they are ready to learn critical skills to be successful."

Pupils enjoyed taking part. Year 8 youngster Garat Chandigure said: "It was a fun and interesting experience and I thoroughly enjoyed it." Year 7 pupil Jeevabalan Rakeerthan added: "This helped me understand how computer games are created and how to solve problems."



Pupils try coding

Swimmers make a splash

Members of Newham and University of East London Swimming Club qualified for the finals of the Essex Winter Championships and London Winter Championships and won a total of three medals.

"We are a small club but did better than far larger and better resourced clubs," said club secretary Chris Hooper. "We saw improvements across the board and top quality swimming from all."

The club, supported by Newham Council, holds trials at East Ham Leisure Centre on Fridays at 7pm. Training sessions are also held at the Aquatics Centre in Queen Elizabeth Olympic Park. There is a section for younger swimmers who do not wish to take part in competitions.

You must be able to swim to certain standards if you wish to join. To request a trial or for information email Holly Richards at headcoach@newhamswimmingclub.org.uk or visit www.nuelsc.org.uk



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry

GALLERY



Irtaza Nayab, 6



Saniya Alam, 8



Humayra Mukith, 12



Yahya Saibuddin, 6

Win free membership at Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Wordsearch

Jokes

Why was 6 afraid of 7?
Because 7, 8, 9.

What musical instrument is found
in the bathroom?
A tuba toothpaste.

Where do pencils go on holiday?
Pencil-vania.

Why do bananas have to put on
sunscreen before they go to the
beach?
Because they might peel!

How do you make a tissue dance?
You put a little boogie in it.

Why couldn't the pony sing
himself a lullaby?
He was a little hoarse.



N	E	M	N	E	E	R	G	E	L	T	T	I	L	C	N	N	E	S	D
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Alien
Antennae
Creature
Exploration

Landscape
Little Green Men
Planets
Spaceship

Spacesuit
Stars
Surface
Travel

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1

Backercise at The Gate – a free low impact exercise class for over 50s focusing on posture and back pain relief. Tuesdays, 6-7pm, The Gate. Booking required. Call 020 3373 0856.

2

Green Street Coffee Morning – 27 Jan, 10.30-11.30am, Green Street Library, E13. Free. Get advice on staying healthy and active.

3

Get Active, Get Healthy, and Exercises for Fitness – Come along and do gentle exercise to stretch, relax and strengthen the core muscles. Free sessions for over 50s. Thursdays, 10.30-11.30am, Manor Park Library.

HOLOCAUST MEMORIAL DAY

At this year's Holocaust Memorial Day event survivor Harry Bibring will share his testimony as Newham Council's guest of honour and main speaker. There will also be a variety of performances by Newham school children. Wednesday 27 January, 9.30am-12.30pm, Old Town Hall, 29 Broadway, Stratford, E15 4BQ.



TRY SOMETHING NEW... PLAISTOW OUTREACH WALKERS PROJECT

Prepare a healthy picnic and explore parks and other green areas in Newham as part of the Get Active, Get Healthy programme for over 50s. Every Friday until 18 March, 1pm (no session on 19 February) New City Outreach Centre, New City Road, E13 9PY. Sessions are free.



Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library

Introducing toddlers to borrowing toys. *Thurs, 10.30-11.30am, Beckton*

Storytelling

Mon 11am-12noon, Tues 10-11am, Beckton; Tues 10-11am, Thurs 2-3pm, Plaistow; Sat 11.30am-1pm, Green St; Tues, 10.45-11.30am, Canning Town; Thurs 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park

Stay and Play

Support for parents and carers to develop their child through play. *Mon and Tues, 11am-12noon and Wed 11am-1pm, Sat 11.30am-1pm, Green St; Tues, 9.30-11.30am, Jeyes C.C.; Tues, 10am-12noon, Grassroots*

Music and Movement

Sessions for parents/carers and children. *Mon, 10.30-11.30am, Grassroots*

Jigaree Session

(term time) *Fri, 10-11am, Plaistow*

Reading Together

Tues, 10.30-11.15am, North Woolwich

Rhyme Time

Tues, 10.30-11.15am, North Woolwich Library

YOUNG PEOPLE

Cartoon Club

Mon, 3-4pm, Weds, 3.15-5pm, Green St

Rosetta Art Workshop

Thurs, 28 Jan, 11am-12.30pm, Canning Town

Games Club (7-16yrs)

Sony PS3, Xbox360, Nintendo Wii, board games and more.

Thurs, 4-6pm, Plaistow; Tues, 3.30-5.15pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Fri, 5-7.30pm, Green St (Wii only)

Froud Young Project (7-16yrs)
Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C.

Arts and Craft Workshop (5-12yrs) Mon 4-5pm, Sat 1-2pm, Green St; Thurs 4-6pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich

Young Readers Club (7-12yrs)
Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

Spanish Club (7-14yrs)
Weds, 4-5pm, Beckton. Email vane_macia@hotmail.es

East Ham Youth Zone
Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Countries Culture Club
Weds, 5.30-6.30pm, Green St

Kids Dance
Sat, 6-7.30pm, Green St

Multi Games (6-12yrs)
Mon, 5-6pm, Green St

Handwriting Practice
Tues, 4-5pm, Green St

Interactive Learning
Tues, 5-6.30pm, Green St

Family Movie Club
Free films for all the family. Sat, 4-5.30pm, Green St; Fri, 5.30-7pm, Manor Park

Time-2-Craft (16+)
Sat, 10-12noon, Stratford (term-time)

Homework Club
Fri, 4-5pm, Beckton; Fri, 3.30-5.30pm, Canning Town; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Green St; Sat, 2-3.30pm, Manor Park; Mon, 3.30-4.30pm, North Woolwich; Mon, 3.30-5pm, Plaistow Library; Mon, 4-6pm, Stratford; Sat, 10.30-12.30pm, The Gate

Film Club (16+)
Thurs, 1-3.30pm, North

Woolwich

Children's movie club (5+)
Thurs, 4-7pm, North Woolwich
Sat, 4-6pm, Manor Park

Festive Arts & Crafts (7-14yrs)
Fri, 3.30-4.30pm, Green St

Family Craft Club (5-12yrs)
Thurs, 6-7.30pm, Manor Park

Board Games Club
Tue, 4-5pm, Sun, 1.30-2.30pm, Stratford; Wed, 6-7.30pm, Manor Park; Tue, 6.30-7.30pm, Green St

Young People's Positive Activities (9-19yrs)
Wed, Fri, 7-9pm, Harold Road Centre; Wed, Thurs, 5.30-8.30pm, Katherine Road C.C.

Elevated Aspirations
Young 'N' Gifted Choir. All young people are welcome to join. Wed, 6.30-9pm, Stratford, email shaka@youngngifted.org or call 07956436743

ACTIVITIES AND SUPPORT



Afternoon tea
Weds, 4-5.30pm, Canning Town

Chess Club
Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate

Coffee Mornings
Mon, 11am-12.30pm, North Woolwich; Tues, 10-11.30am, Beckton; Tues, 11am-12.30pm, Custom House; Thurs, 10.45am-12noon, Canning Town; Wed, 27 Jan, 10.30am-12pm, Green St; Tues, 19 Jan, 10.30-12noon, Plaistow; Weds, 20 Jan, East Ham

Do It Online (18yrs+)
Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford;

Tues, 11am-1pm, Thurs, 11am-1pm, Green St; Tues, 10am-12noon, Katherine Road C.C.; Wed, 10am-12noon, Plaistow; Mon, 1-2pm, Canning Town

Knit & Natter (16yrs+)
Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, Plaistow

ICT Surgery IT advice for all ages. Fri, 2-4pm, Canning Town

Love Newham app drop-in Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

ICT Drop-in Session
Set up a My Newham profile and create an email account. Fri, 10.30am-12.30pm, The Gate; 10am-12noon, Green St; Weds, 10.30-12noon, Stratford

Deafroots Deaf Club
Including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242778.

Support in Action
Thurs, 12noon-4pm, Jeyes C.C.

SpEC Speaking English with Confidence
Mon, 10-11am, Plaistow; Mon, 11am-12noon, East Ham; Weds, 10.30-11.30am, Manor Park; Weds, 11am-12noon, Canning Town; Weds, 11am-12noon, The Gate; Tues, 10.30-11.30am, Custom House; Weds, 10-11am, Beckton; Sat, 10am-12noon, Stratford

Adult Reading Groups
Sat, 12noon-1pm, Green St. Email CN.GreenStreet@newham.gov.uk; Thurs, 21 Jan, 6.30-7.30pm, East Ham. Email easthamreaders@gmail.com

Rabbits Rd Institute Conversation Club
Thurs, 3-4pm, Manor Park

Life in the UK Classes
12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon,

Plaistow; Fri, 12.30-2.30pm, Green St

ESOL for Beginners
Tues and Fri, 1-3pm, Plaistow; Tues and Fri 9.30am-12.30pm, Jack Cornwell C.C.; Weds and Thurs, 9.30-11.30am, Katherine Road C.C.; Mon and Weds, 9.30am-3pm, Beckton C.C. Call 020 8522 5772 to enrol.

ESOL for Absolute Beginners Weds, 9.30am-2pm, Katherine Road C.C.; Weds, 10-11.30am, The Hub; Mon, 10-11am, Green St

Let's Get Cooking
A ten week cookery course. Free for over-16s. Weds, 10am-12noon, Jack Cornwell C.C.

Safer Neighbourhood Drop-in Weds, 10am to 11am, Stratford; Thurs, 28 Jan, 10-11.30am, Canning Town; Tues, 26 Jan, 11-12.30pm, Custom House.

Get Connected
Bring your laptop, tablet or smartphone and learn how to make the most of your device. Tues, 1-2pm, Green St

Sewing Class
Weds, 10am-12noon, Beckton C.C. £2 per session.

Newham Super Choir
Tues, 10.30am-12noon, Beckton C.C.

Ballroom Dancing (18yrs+) Tues, 2-3pm, Beckton C.C (Free); Thurs, 2.30-4pm, Field C.C (Free); Fri, 8-9pm, Jack Cornwell C.C (£4)

Interview Skills Practice
Thurs, 5-6pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

Let's Job Hunt
Thurs, 6-7.30pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

Citizens Advice Sessions
Advice sessions on money management, energy saving and debt. Appointment only.

Mon, 11am-1pm, Manor Park

Introduction to Newham Online Course More than 500 free courses. Sat, 11am-12.30pm, Manor Park

Basic Computer Skills Fri, 10.30-12.30pm, Manor Park

My Newham Workshop Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park

English Conversation Club Practise your spoken English. Mon, 10-11am, 6-7.30pm, Manor Park; Mon, 10-11am, North Woolwich

Together We Can Group for adults under 50 years who have had a stroke. Fri, 22 Jan, 2-4pm, Plaistow Library

Stratford London Toastmasters Public speaking & leadership club. 1st and 3rd Monday of each month, 6-8pm, Stratford

Let's Get Crafting Wed, 11am-1pm, Green Street

Basic English for Beginners Mon, Weds, Thurs, 10.30-11.30am, Green Street

English Conversation Club Mon, 10 to 11am, 6-7.30pm, Manor Park; Mon, 10-11am, North Woolwich

Embroidery Group Thurs, 10.30am-12.30pm, Manor Park

International Lunch Club Cost £3 per meal. First come, first served. Mon, 12pm, Beckton C.C.

Docklands Drop-In Group Wed, 1-3pm, Beckton C.C.

Writers Group Thurs, 28 Jan, 5.45-7.30pm, The Gate

Workplace Drop-Ins Weds, 27 Jan, 2-4pm, Stratford. Email rehana.b@newham.gov.uk

Chai and Chat Women Group (18+) For women who

use the mental health service only. Weds, 10.30-12.30pm, Plaistow

Model Train Workshop Mon, 12.30pm, North Woolwich

CYANA Cancer You Are Not Alone, Information stall/drop-in advice session. Thurs, 28 Jan, 3-5pm, The Gate

Alcohol Awareness Thurs, 21 Jan, 3-5pm, The Gate

Gamers Group Social club for adults with Asperger's Syndrome (AS) and High Functioning Autism (HFA). Thurs, 28 Jan, 1-3pm, Plaistow Library

COMMUNITY ACTIVITIES

Bumps and Babies (up to 1yr) A free home-based meet up, Weds, 1-3pm for expectant parents and those with babies. Email newham@nct.org.uk

Mums2be Meetup Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

Meet and Greet Mums, Bumps and Babies Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Junior Volunteer Police Cadets (10-12 yrs, term time) Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police Cadets (13-17 yrs) Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

BOXING AND SELF DEFENCE

Boxing (Newham College) Mon, 5-6pm, East Ham

College, High St South, E6

Fight For Peace Boxing Mon to Fri, 4-5pm 10-14yrs Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

West Ham Boys ABC Mon, Wed, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

Boxing and Self Defence (16+) Tues, 5.15-6.15am, Jack Cornwell C.C.

HEALTH AND FITNESS

Salsa Dancing (18yrs+) Mon, 3.15-4.45pm, Beckton C.C.; Tues, 11.45am-12.45pm, Field C.C.

Nordic Walking Wed, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429

Tai Chi Class Fri, 10-11am, Beckton C. C. Fri, 11am-12pm, The Gate

Singing for Health Church of God, E12. Tues, 1.30-3pm. Free to over-50s.

Let's Yoga Cost £7.50 for 10 weeks, for 50+. Mon, 10-11.30am, Beckton C.C. TT; Mon, 6-7.30pm, Green St. Grassroots, Thurs, 6.30-7.30am, £5 per session; Weds, 7-9pm, Sat 10am-12pm, Jeyes C.C. £1. 16+. £1.00 to hire a mat or bring your own, class is free

Zumba Registration essential. Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Road, E16 2DE (women only) £2.50; Tues, 5-6pm, 6-7pm, free; Thurs, 10.15-11.15am (women only) Stratford, £2.50; Sat, 10-11am, Brampton Primary School, Masterman Road, E6 3LB, £3.50 or £12 for 4 sessions.

Tone-Tastic 18+ Mon, 2 -3pm, Weds, 9.30-10.30am, Field C.C.

Aerobics Tue, 9.30-10.30am, Jack Cornwell C. C £2

Slimming World Mon, 5.30-9pm, Beckton C.C. £5

50+ ACTIVITIES

Bingo (50+yrs) Mon, 12-1pm, Beckton C.C.; Mon, 12-4pm, Jeyes C.C.; Thurs, 7-9pm, Jack Cornwell C.C.

ICCAN Faith based group with cultural activities. Fri, 12noon-2pm, Jeyes C.C.

Active Centre 50+ Group Weds, 12noon-4pm, Field C.C.; Mon, Wed, Fri, 1.30-4pm, Beckton C. C.

Dominos Group Fri, 6-10pm, Field C.C.

Chair Based Yoga Tues, 12.30-1.30pm, Manor Park

Forever Young Enjoy community activities and make new friends. Wed, 11am-1pm, Beckton; Wed, 10.30am-12.30pm, Field C.C.

Pilates Classes Tues, 9.30-10.30am, Field C.C.

Happy Living Club Indoor and outdoor activities. Tues and Weds, 1.30-5.30pm, Jeyes C.C.

Holiday Spanish Club Wed, 12.30-1.30pm, Manor Park

Walking Football Tues, 10-11am, Priory Park E6 1QH. Email dgheerawo@westhamunited.co.uk or call 07803 210 299.

Soca Aerobics Fri, 3-4pm, Grassroots C.C.

Age UK East London Nordic Walks (18+) Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13 Sun, 10-11am, meet at entrance of the Copper

Box, Queen Elizabeth Olympic Park, E20. Call 07989 938 242

Steel Pan Music Therapy

For people with learning and physical disabilities, Dementia and stroke. Fri, 12-2pm, Beckton C.C

Tai Chi Class

Fri, 11-12noon, The Gate

Zumba & Indian Dance

Designed for 50+ but all ages welcome. Fri, 12noon-1pm, Jeyes C.C.

Get Active, Get Healthy, and Exercises for Fitness

Thurs, 10.30-11.30am, Manor Park

Tea Dance

Weds, 20 Jan, 1-3pm, St Mark's C.C. £1.50

GREEN

Green Gym

Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering

Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes

Gardening Club Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

Grow Together Be Together Community Gardening Club

Wed, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden Volunteering

Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

Community Gardening

Tues, 10am-12pm, Beckton C.C

DOORSTEP CLUBS



Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+)

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

Female Boxfit (14yrs+)

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs)

Tues, 4-5.30pm and Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Just Play (14yrs+)

Wed, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

Women's Martial Arts

(16yrs+) Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250

Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon and Wed, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball

Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529

Abs Blast (11-15yrs)

Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Female Only Zumba

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292 902

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Ability Club (14-25yrs)

Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13

Athletics (8-18yrs)

Tues, 4.15-6.15pm, Brompton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

Sensory Play (U5yrs)

Wed, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

Swim for Families

Dealing with Autism Wed, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Support In Action (18yrs+)

Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C

Family Swims

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

RUNNING



Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394 756

www.parkrun.org/beckton

Run England

£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394 874.

West Ham Park Run

Sun, 11am. Meet at Central Park Keepers Lodge, E6. Call 020 8257 4505

East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

SPORTS



Indoor Tennis

Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email michelle.daniel@activeNewham.org.uk

Fencing with Newham

Swords Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898

Cricket (14yrs+)

Tues, 6-8pm, Newham Sixth Form College, E13. Call Ratheesh on 07476 269 226

Lister Table Tennis

Satellite Club (11-25yrs)

Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call Shiri on 07888 830 179

Indoor Cricket (8-16yrs)

Wed, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

Ramgharia Badminton Satellite Club (11-25yrs)

Weds, 6.30-8pm, Newham Sixth Form College, E13. £2. Email ramgharia.bc@gmail.com

Newham and Essex Beagles Athletics Club

Mon and Wed, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Wed, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)

Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Mini Tennis Courses (4-16yrs)

Tuesdays: 4-5pm, 5-6pm, East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Thursdays: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD. Saturdays: 4-5pm, 5-6pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sundays: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741293513

Adult Tennis (16+)

Saturdays: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sundays: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Lane, Stratford,

E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741293513

FOOTBALL

AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics

Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports

Mon, 4-5.30pm, Newham Leisure Centre, E13. Wed, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football

Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL

Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League

Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16.

Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

Youngbloods Basketball

All sessions cost £1. All at St Angela's School, E7, unless stated. U12yrs, mixed, Sat, 1-3pm, East Ham Leisure Centre, E6. U13/14yrs boys, Mon, 6-8pm and Wed, 4.30-6pm. U13/14yrs girls, Mon, 4.30-6pm and Wed, 4.30-6pm. U15/16yrs boys, Tues, 6-8pm. U17/18yrs boys, Mon and Wed, 8-10pm Call 07958 307 657

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated

Tue, 19 Jan, 7pm, Strategic Development Committee, Old Town Hall Stratford, E15; 7pm, Audit Board

Mon, 25 Jan, 5pm, Cabinet Mayoral Proceedings

Tue, 26 Jan, 7pm, Audit Board

CONTACT THE MAYOR

Here to Help sessions

Please register by attending the venue 30 minutes before the advertised time. **Tues 19 Jan, 5pm** Newham Town Hall, Barking Road, E6 2RP

Telephone Surgery

Wed 27 Jan. Please call 020 8430 2000 between 10-11am and leave your details, and the Mayor will call you back.

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6

Canning Town Barking Rd, E16

Custom House

Prince Regent Ln, E16

East Ham 328 Barking Rd, E6

Green Street 337-341

Green St, E13

The Gate 6-8 Woodgrange Rd, E7

Manor Park

685-691 Romford Rd, E12

North Woolwich

5 Pier Parade, E16

Plaistow North St, E13

Stratford 3 The Grove, E15

Archives and Local Studies

020 3373 6881

Community Outreach

020 337 30813

Church of God 37 Manor Park Road, E12, 020 8911 9494

The International Quarter Marketing Suite

Celebration Avenue, E20 1DB

LEISURE & SPORTS VENUES

Balaam Leisure Centre

14 Balaam St, E13

East Ham Leisure Centre

324 Barking Rd, E6

Newham Leisure Centre

281 Prince Regent Ln, E13

NewVic Prince Regent Ln, E13

UEL SportsDock Docklands Campus, University Wy, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre

14 Manor Wy, E6, 020 7511 1214

Field Community Centre

147 Station Rd, E7 020 8536 2800

Grassroots Centre Memorial

Park, Memorial Ave, E15, 020 3373 0650

The Hub 123 Star Ln, E16 020 3373 0750

Jack Cornwell Community Centre

Jack Cornwell St, E12 020 8553 3459

Jeyes Community Centre

1 James Cl, E13, 020 8548 9788

Katherine Rd Community Centre

254 Katherine Rd, E7 020 8548 9825

St Mark's Community Centre

218 Tollgate Rd, E6 020 7511 1214

Vicarage Ln Community Centre

Govier Cl, E15, 020 8519 0235

Harold Road Centre

170 Harold Road, E13 OSE 020 8472 2805



HOLOCAUST MEMORIAL DAY

Wednesday 27 January 2016, 9.30am-12.30pm
Old Town Hall, 29 Broadway, Stratford E15

Residents are invited to attend this event where Holocaust survivor Harry Bibring will share his first hand testimony as our guest of honour and main speaker. There will also be a variety of performances by Newham school children.

This is a FREE public event. All are welcome to attend.

www.newham.gov.uk/hmd  @NewhamLondon  NewhamEvents





Join us at our
Information Evening
on 20th January

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